

# MONDAY REPORT

Lucy Kubiszyn, Editor  
February 24, 1992

## SHELTON REGISTRATION CONTINUES FOR SPRING QUARTER

Feb. 24-26, 1-4 p.m.; March 3-4, 1-4 p.m.  
March 5, 3-5 p.m.; March 6, 9 a.m.-1 p.m.

All advising, scheduling of classes, and payment of tuition and fees will take place on the Skyland Boulevard Campus. Times for payment of tuition and fees are Feb. 26, 1-4 p.m.; March 9, 10 a.m.-4 p.m. All fees must be paid before registration is complete.  
First day of class is March 11.

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## FINALS-

Final exams for Winter quarter will be February 27th, 28th and March 2.

## TWO WINNERS OF SHELTON STATE COMMUNITY COLLEGE DISTRICT COMPETITION FOR THE ALABAMA SCHOLASTIC CHALLENGE ASSOCIATION WILL ADVANCE TO THE STATE TOURNAMENT AT THE UNIVERSITY OF ALABAMA IN APRIL.

Pickens County High School and Central High School of Tuscaloosa will represent this district. Parrish High School was runner-up to Pickens County and Shelby County finished second to Central High. Twenty-four teams competed in the competition. Shelton State faculty, staff, and students served as moderators, time-keepers and scorekeepers.

## MONDAY CONCERT TODAY

Shelton Singers' Showcase Preview under the direction of Glinda Blackshear will be presented at 1 p.m. in the Music Room on Skyland Campus. Everyone is invited to attend. On Feb. 27-28 the ACA Musical Showcase will be presented at Birmingham Southern College.

## CONGRATULATIONS!!

Congratulations to the men's and women's basketball teams on their wins against Lawson State Saturday night. Final score for the men's game was 93-92. Saturday night's game was the final one of the season for the Women's team as they beat Lawson State 81-75.

## "BUCCANEERS" TO BEGIN BASEBALL SEASON

Shelton State Community College "Buccaneers" will begin their season Friday February 28, when they open against Northwest Jr. College. The game will be played at Bowers Park.



## COUNTY SHERIFF'S DEPARTMENT STAFF ENROLLED IN SHELTON STATE WELLNESS PROGRAM

Shelton State Community College and the Tuscaloosa County Sheriff's department have recently entered into a unique and cooperative arrangement that will help the 65 deputies from the Sheriff's office achieve a new and better lifestyle.

These employees are now enrolled in a four-week, comprehensive wellness program offered through Shelton State Community College. Under the direction of Dr. Milady Khoury-Murphy, director of Shelton's Wellness Center, a four-hour weekly program has been designed to meet the needs of the department and is being offered through February so that all members of the Sheriff's department can participate.

The program evolved when Sheriff Sexton asked that a comprehensive wellness program for his personnel be developed in order to educate them on how proper nutrition can assist in weight loss, prevention of heart disease and help them increase their stamina and reduce job stress.

Sheriff Sexton was introduced to the total wellness concept while attending the F.B.I. National Academy. The Sheriff's department modeled their program after the Meridian Police Department's program which has been in effect for approximately 18 months.

According to Sheriff Sexton, the deputies have 18 months in which to comply with published guidelines regarding weight in relation to height. The goal of the new total wellness program is to ensure that officers retire healthy from the agency, reduce skeletal-muscular injuries by increasing flexibility, reduce the amount of sick time and Workman's Compensation claims, and reduce medical insurance claims.

Each week the program consists of a two part seminar. The first two hours focus on nutrition for weight loss, prevention of heart disease and certain cancers, and the lowering of Low Density Lipoproteins and Triglycerides. The next two hours focus on strengthening and conditioning techniques and guidelines. As part of the program, a special unit designed to prevent back injuries and increase total body flexibility has been included.

According to Arthur Howington, dean of academic services for the college, the officers in the program seem pleased so far with the course. "Milady Khoury-Murphy is an expert in the field of wellness. If they follow her directions, they will be the most fit department in the country. Criminals won't get away from them in the fourth quarter," Howington said.

Joining Khoury-Murphy as guest lecturers for the class are Dr. S. B. Sundar, who will discuss stress and gastro intestinal disorders, and Donna Robertson, certified pedorthist, who will talk about how to prevent athletic injuries.

The program is being held in the Beatrice H. Morrison Industrial Center on Shelton's Fifteenth Street Campus and is being offered through the college's program for business and industry.